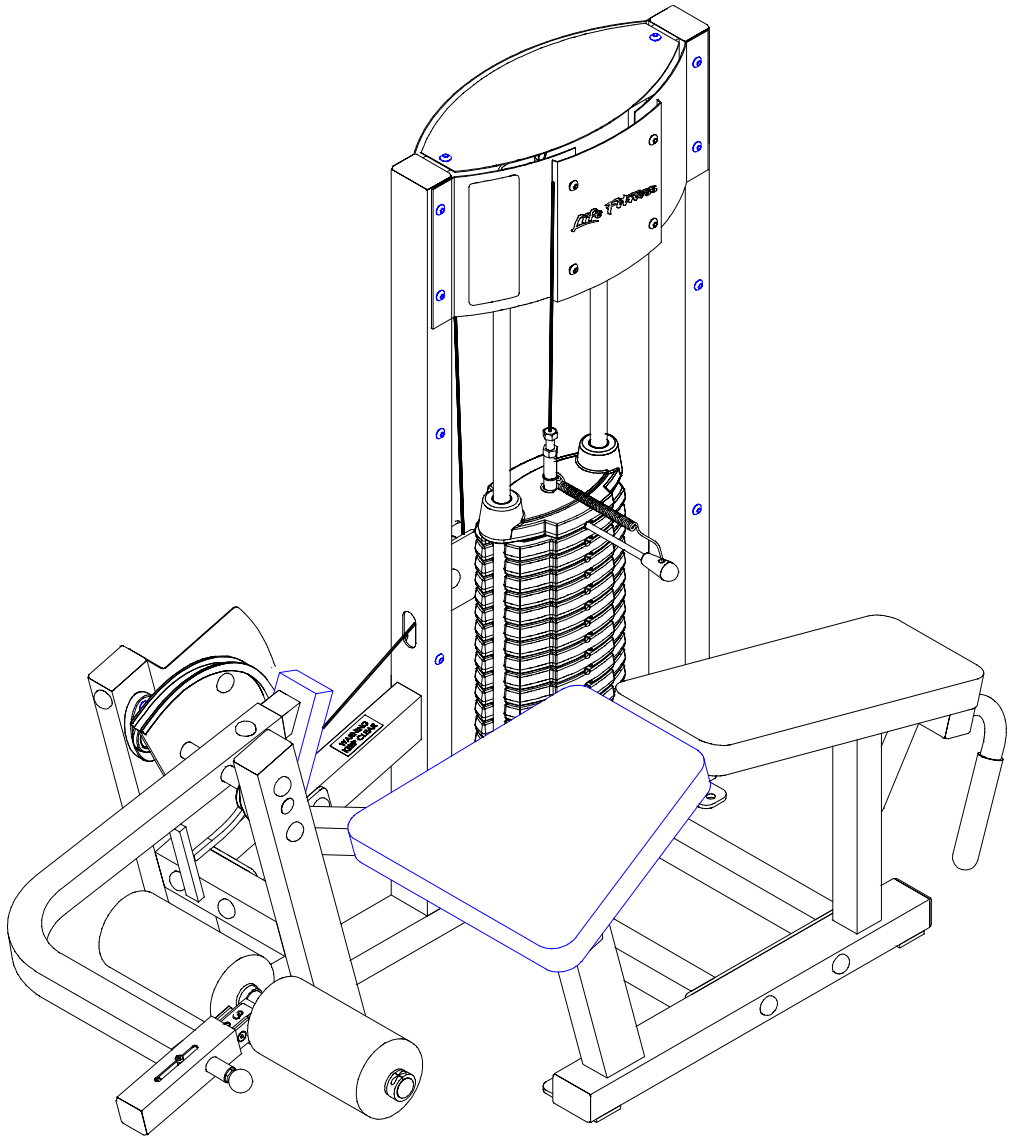
CLUB SERIES LEG CURL



ASSEMBLY INSTRUCTIONS

PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	69767xx	TOWER	1
1A	6968201	CABLE	1
1B	6692601	3 X 2 END CAP	3
1C	6714901	GUIDE ROD BUSHING	2
1D	3222801	4.5" PULLEY	3
1E	3102807	3/8-16 NYLOCK NUT LOW HT	3
1F	6866701	3/8 RH WASHER	4
1G	6866601	CAP, RH-20 BLK	4
1H	6925801	LABEL, KEEP CLEAR	1
1I	3102933	3/8-16 X 2 BOLT	1
1J	6480301	3/8 SPACER	4
1K	3102903	3/8-16 X 2.5 BOLT	2
1L	3102514	3/8 FLAT WASHER	2
2	69751xx	ASSY, LEG CURL SUPPORT	1
3	69734xx	FRONT BRACE	1
4	69842xx	PIVOT ARM	1
4A	6946901	ROLLER PADS	2
4B	3119303	1.25" END CAP	2
4C	3222701	SHAFT COLLAR	2
4D	6965901	ADJ PLATE	1
4E	6965901	ADJ PLATE	1
4F	6412001	SPRING PIN	1
4G	3234301	SCREW	4
4H	6974102	ROLLER PAD SPPT BLK	1
5	68839xx	GUIDE ROD SUPPORT	1
6	6888902	CAM SHROUD BLK	1
7	6973702	PIVOT ARM COUNTER BALANCE	1
8	69733xx	CROSS SUPPORT	1
9	69766xx	SEAT FRAME	1
9A		RUBBER GRIP	2
10	6981602	CAM COUNTER BALANCE BLK	1
11	6923602	HEAD PLATE BLK	1
12	6926901	GUIDE ROD CHROME	2
13	3102902	3/8 X 2-1/4" BOLT	2
14	3102903	3/8 X 2-1/2" BOLT	3
15	3102922	3/8 X 2-3/4" BOLT	10

KEY	PART #	DESCRIPTION	QTY
16	3102942	3/8 X 3-1/2" BOLT	2
17	3102905	3/8 X 3-3/4" BOLT	6
18	3202404	3/8 X 3" BUTTON HEAD BOLT	4
19	3102807	3/8" LOW HEIGHT LOCK NUT	23
20	3230701	STARLOCK WASHER	4
21	3102514	3/8" SAE WASHER	34
22	6866701	3/8" RH WASHER	46
23	3203501	PILLOW BLOCK	2
24	6913801	WEIGHT STACK SELECTOR PIN	1
25	3108001	WEIGHT STACK CUSHION	2
26	6866601	BLACK RH CAP	4
27	3222001	1" SHAFT COLLAR	2
28	3116001	1-1/4" RUBBER BUMPER	1
29	6714901	GUIDE ROD BUSHING	2
30	6912801	2" ACCORDION SLEEVE	2
31	6981401	PLACARD LABEL	1
32	6986101	LANGUAGE PLACARD LABEL	1
33	6957001	WEIGHT STACK LABEL	1
34	6887202	10 LB. WEIGHT PLATE (STD)	20
35	6888402	15 LB. WEIGHT PLATE (OPT)	10
36	69579xx	THIGH PAD	1
37	69307xx	CHEST PAD	1
	6866602	WHITE RH CAP	42
OR	6866603	PLATINUM RH CAP	42
38	3221601	STARLOCK WASHER	12
39	3202405	3/8 X 3.5 BUTTON HEAD BOLT	10
40	3202401	3/8 X 1 BUTTON HEAD BOLT	2
41	6862007	FRONT PARTIAL SHROUD	1
42	6861302	REAR PARTIAL SHROUD	1
43	6861007	FRONT FULL SHROUD	1
44	6925002	REAR FULL SHROUD	1
45	6971601	WEIGHT STACK LABEL	1
46	6957101	HEAVY WEIGHT STACK LABEL	1

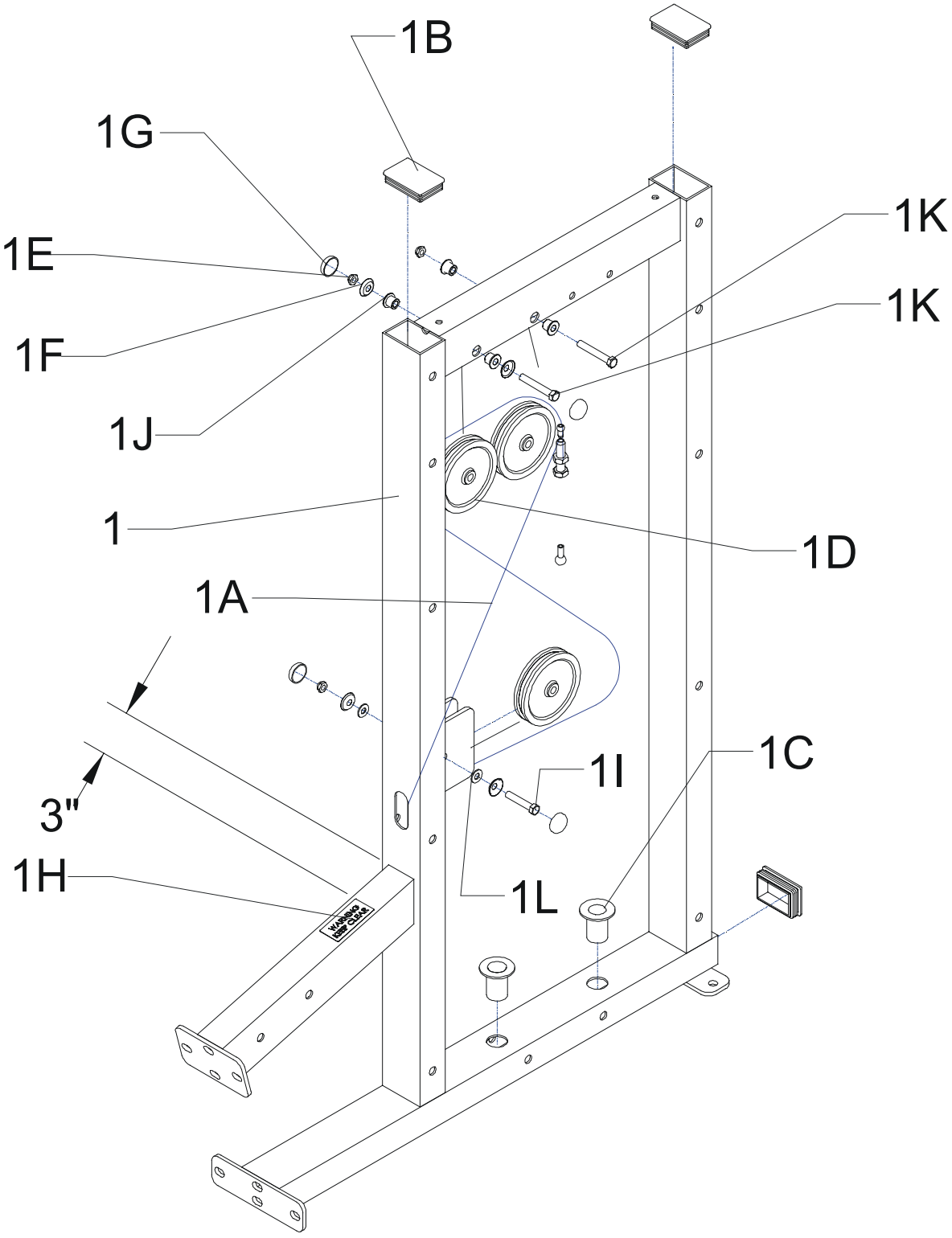
***For all 5 digit part numbers you need to add the color at the end.**
For shrouds and weldments please use the following codes:

xxxxx07 Denotes Platinum
xxxxx08 Denotes White

****Language placard kit comes with Dutch, French, German, Poruguese, Spanish, Japaneese, and Italian.**

***For upholstery, please use the following codes:**

#02 ROYAL BLUE
#03 SLATE
#04 CRANBERRY
#05 NORTHWOODS
#06 SPACE BLUE
#07 AMERICAN BEAUTY RED
#08 SUEDE
#12 BLACK
#13 HUNTER GREEN
#14 REGIMENTAL BLUE
#15 GINGERSNAP
#16 CONCORD
#17 URQUOISE
#18 RASPBERRY
#19 CROCUS


1B
1G
1E
1F
1J
1
1A
3"
1H
1K
1K
1D
1I
1C
1L
WARNING
KEEP CLEAR

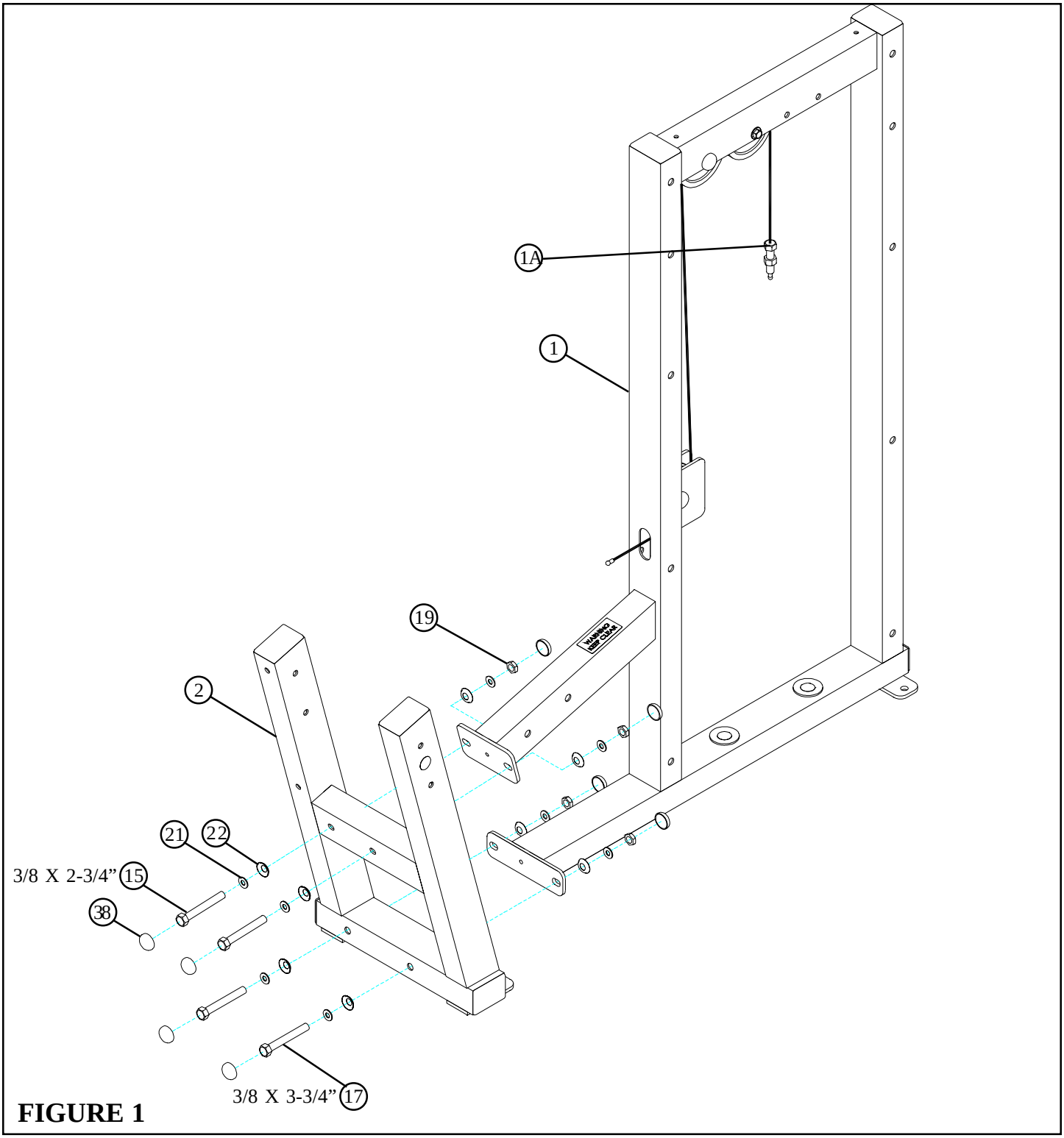
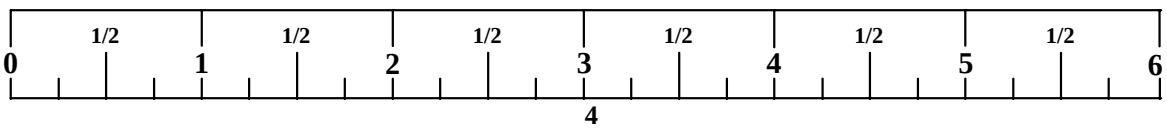


FIGURE 1

STEP 1:

- **LOOSELY** assemble the top of the LEG CURL SUPPORT (2) to the TOWER (1) using four RH CAPS (38), two 3/8 X 2-3/4" BOLTS (15), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.

- **LOOSELY** assemble the bottom of the LEG CURL SUPPORT (2) to the TOWER (1) using four RH CAPS (38), two 3/8 X 3-3/4" BOLTS (17), four 3/8" SAE WASHERS (21), four 3/8" RH WASHERS (22) and two 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 1.



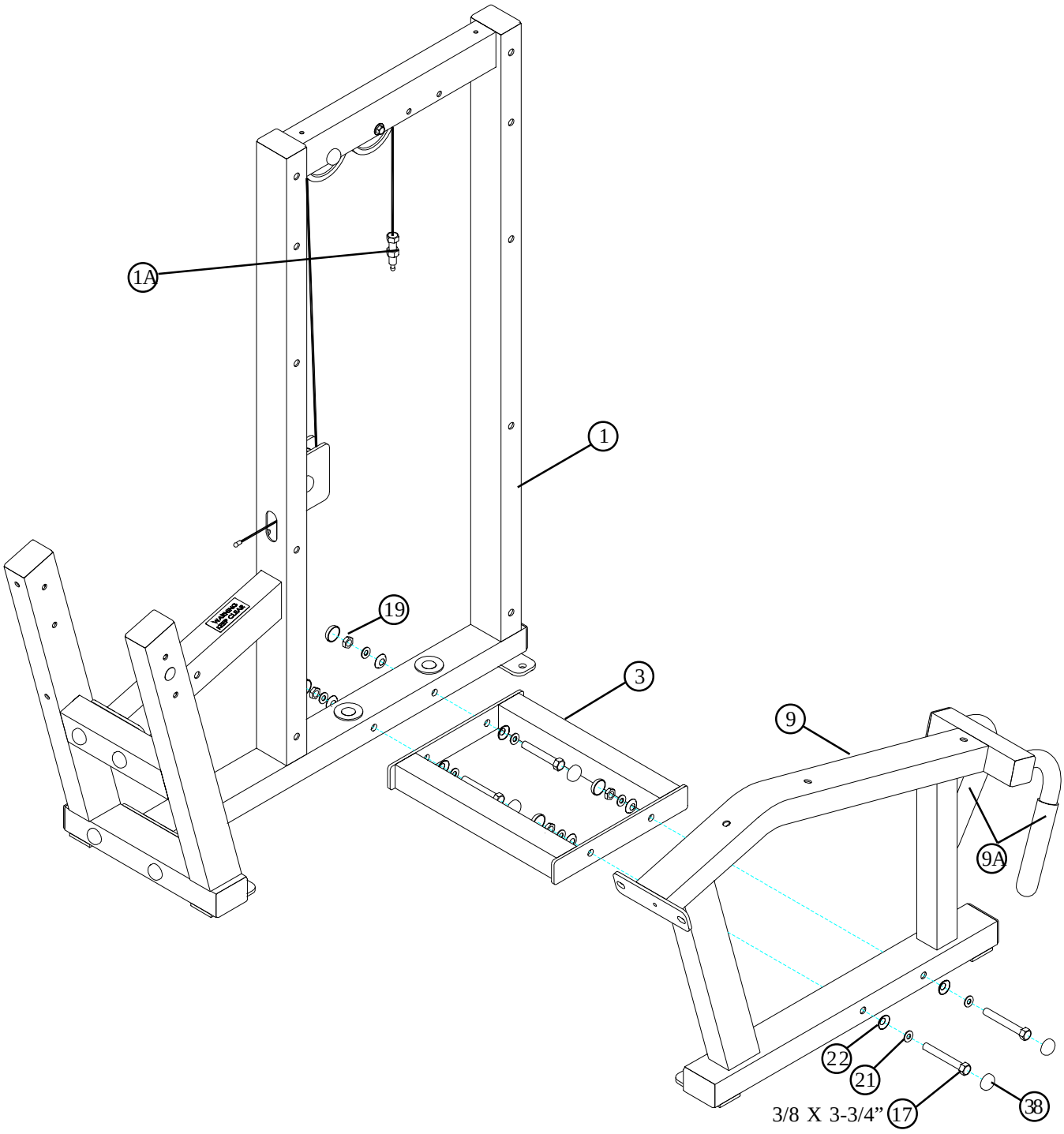


FIGURE 2

STEP 2:

- **LOOSELY** assemble the FRONT BRACE (3) to the SEAT FRAME (9) and the TOWER (1) using eight RH CAPS (38), four 3/8 X 3-3/4" BOLTS (17), eight 3/8" SAE WASHERS (21), eight 3/8" RH WASHERS (22), and four 3/8" LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 2.

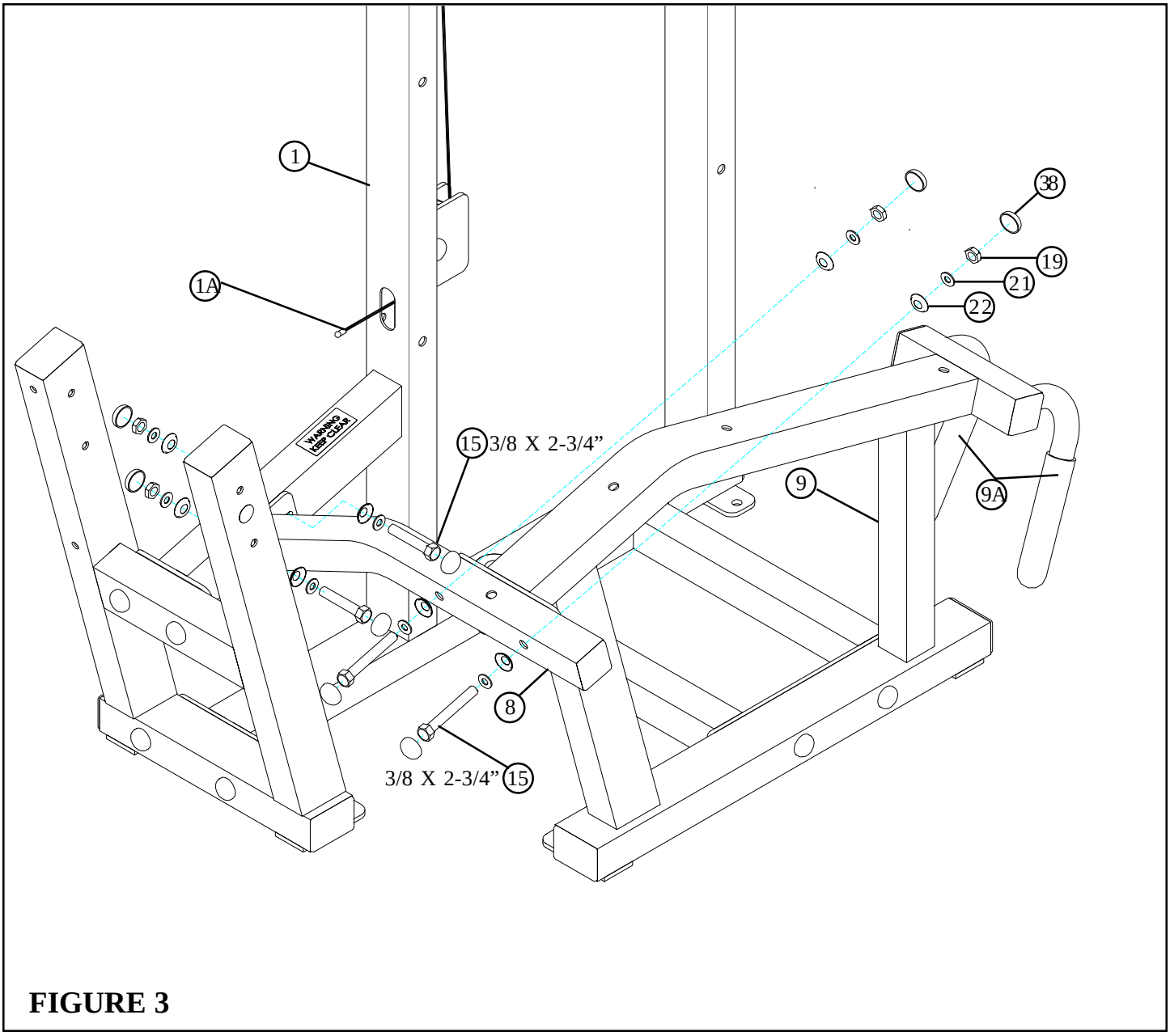
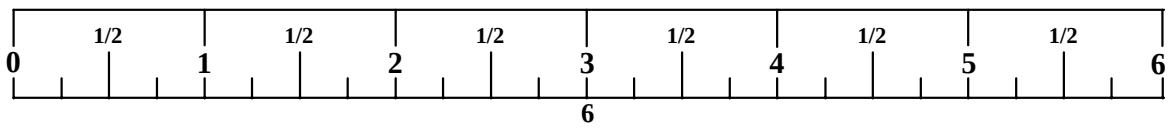


FIGURE 3

STEP 3:

- **LOOSELY** assemble the CROSS SUPPORT (8) to the TOWER (1) and SEAT FRAME (9) using eight RH CAPS (38), four 3/8 X 2-3/4” BOLTS (15), eight 3/8” SAE WASHERS (21), eight 3/8” RH WASHERS (22) and four 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 3.

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (26 & 38) over the RH WASHERS (22) on all tightened connections.**



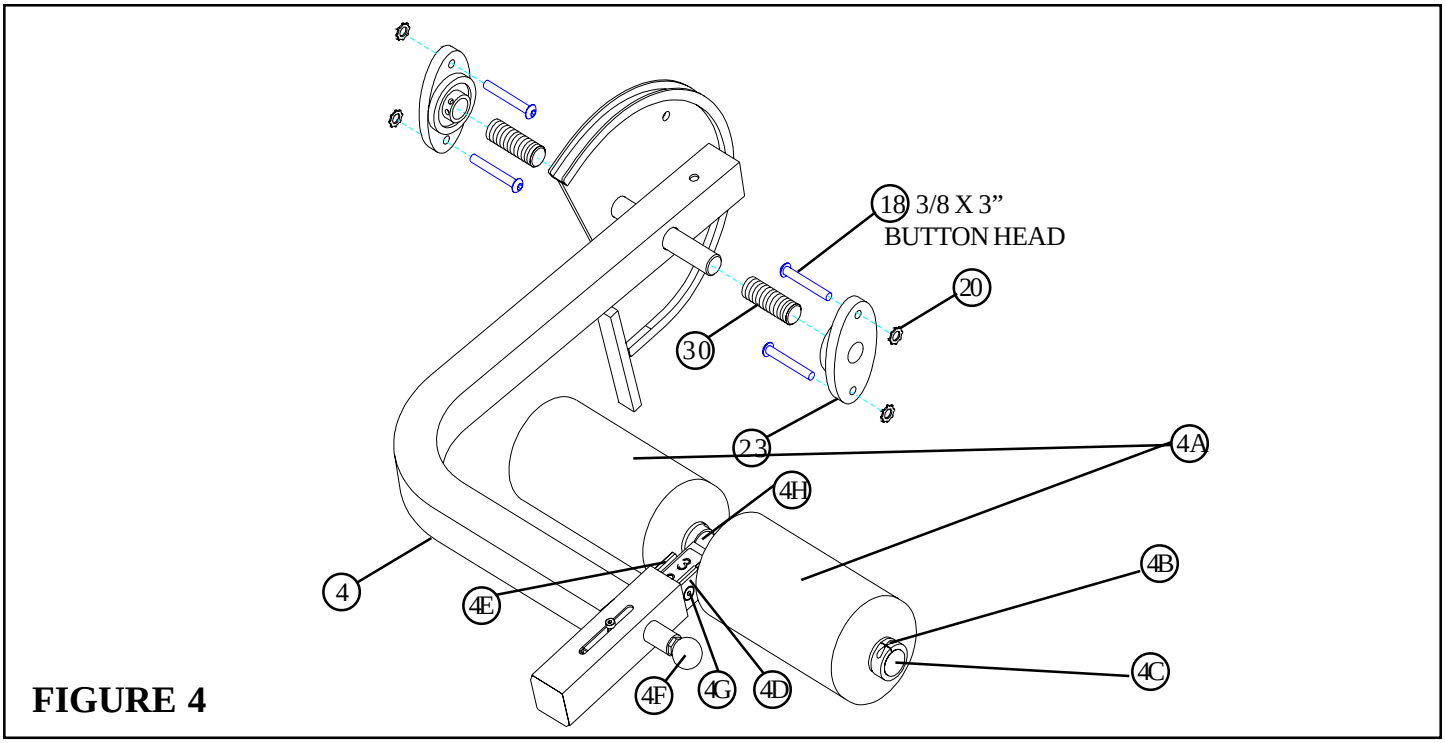


FIGURE 4

STEP 4:

- Slide two 2" ACCORDION SLEEVES (30) and two PILLOW BLOCKS (23) over the shaft of the PIVOT ARM (4) as shown in FIGURE 4.
- Assemble four 3/8 X 3" BUTTON HEAD BOLTS (18) and four STARLOCK WASHERS (20) to the PILLOW BLOCKS (23) as shown in FIGURE 4.

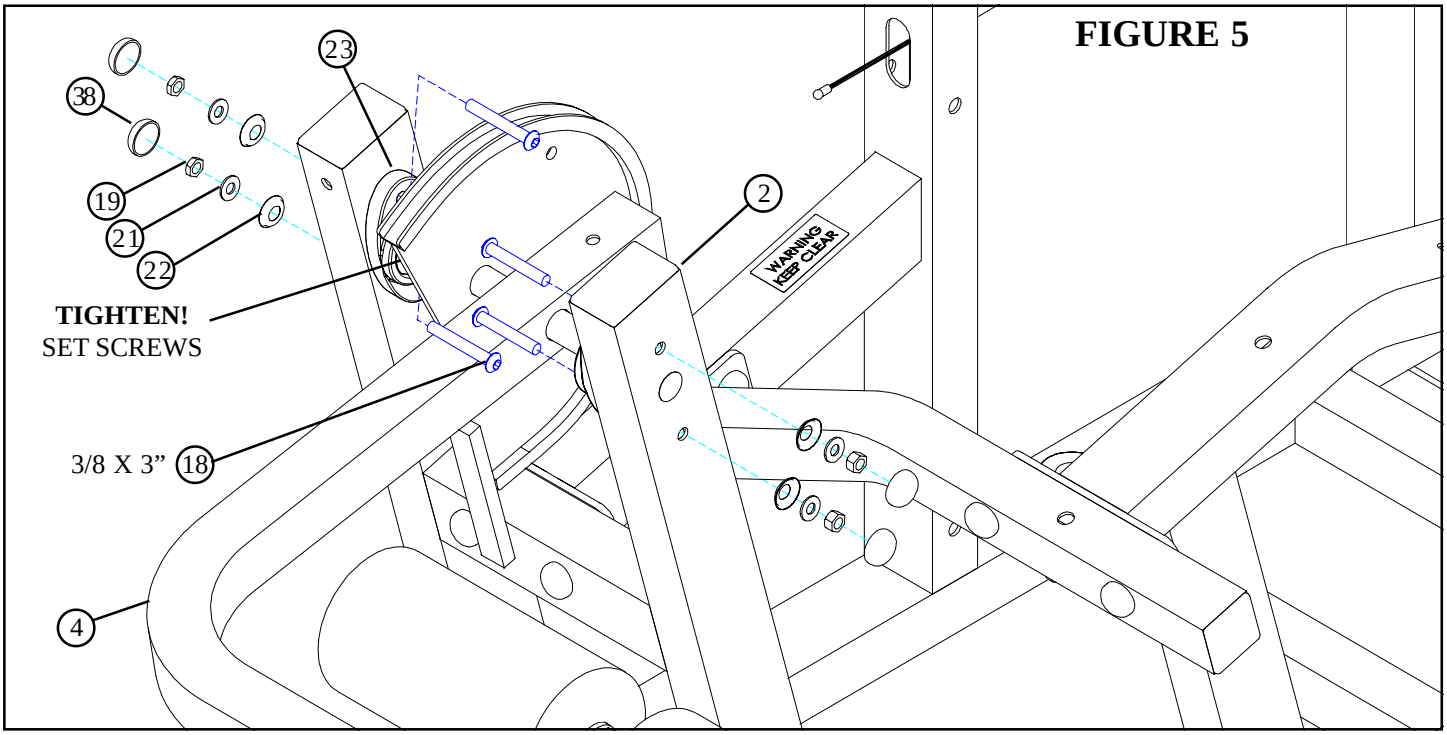


FIGURE 5

STEP 5:

- **SECURELY** assemble the PILLOW BLOCKS (23) on the PIVOT ARM (4) to the LEG CURL SUPPORT (2) using four 3/8 X 3" BUTTON HEAD BOLTS (18), four RH WASHERS (22), four 3/8" SAE WASHERS (21), four 3/8" LOW HEIGHT LOCK NUTS (19) and four RH CAPS (38) as shown in FIGURE 5**.**
- **IMPORTANT!** When PIVOT ARM (4) is centered and level in the PILLOW BLOCKS (23), tighten the PILLOW BLOCK set screws.

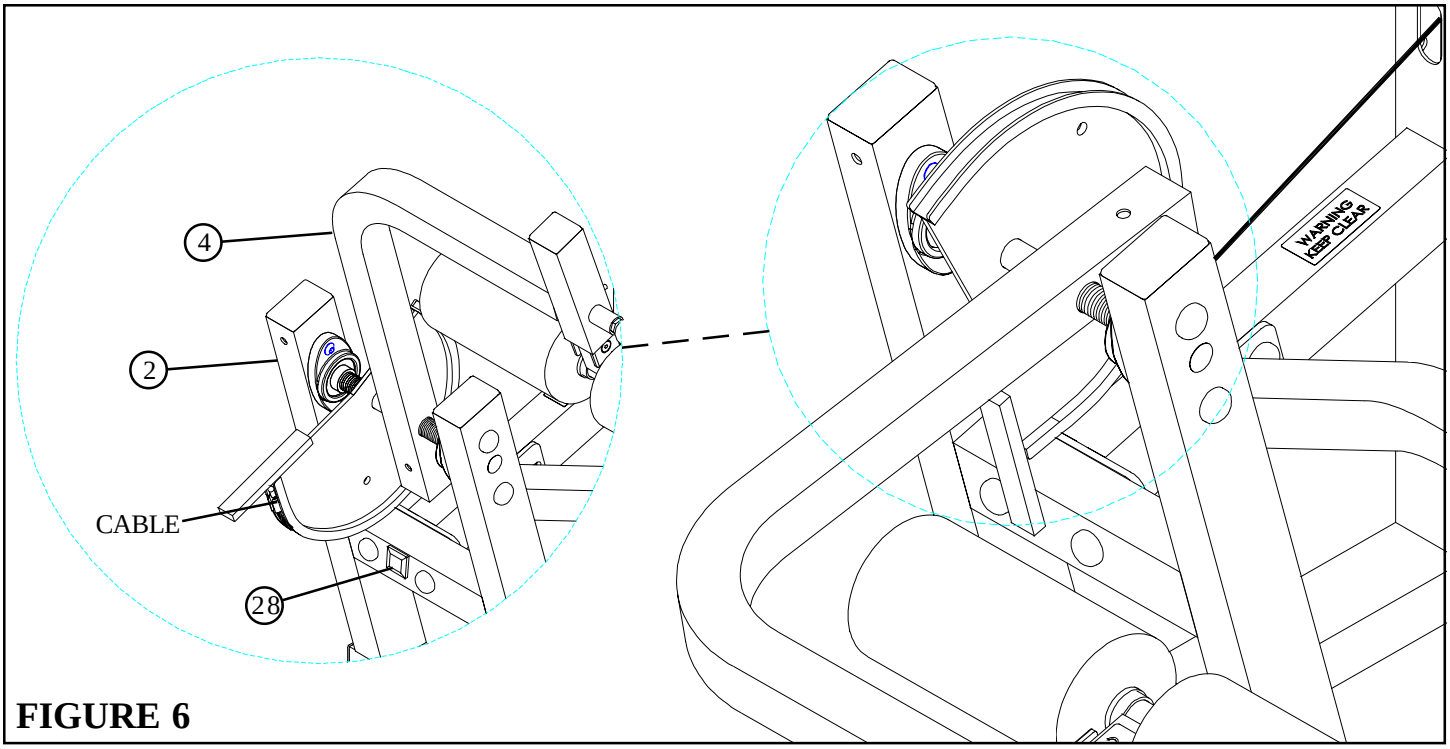


FIGURE 6

STEP 6:

- Slide the end of the CABLE into the bushing on the PIVOT ARM (4) as shown in FIGURE 6.
- Assemble one 1-1/4" RUBBER BUMPER (28) to the LEG CURL SUPPORT (2) as shown in FIGURE 6.

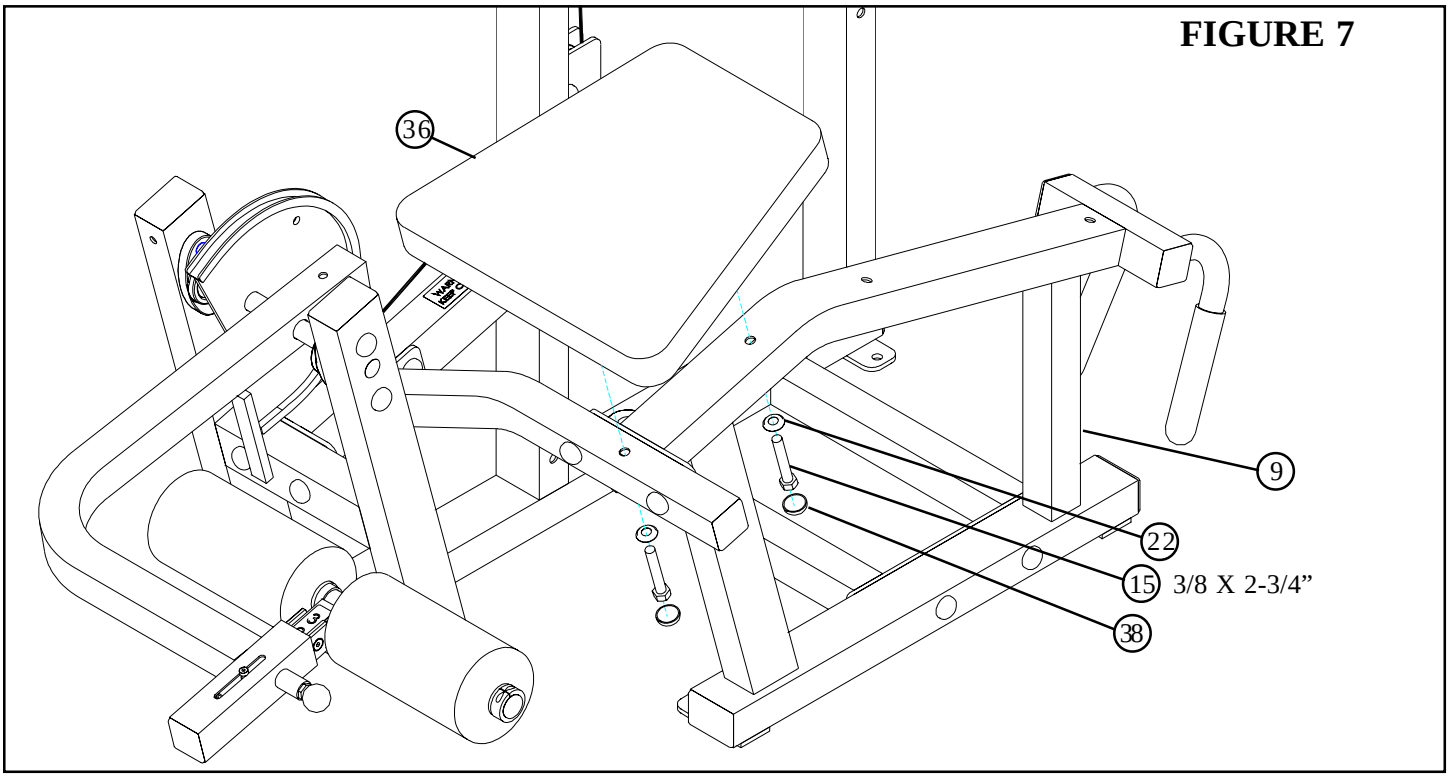
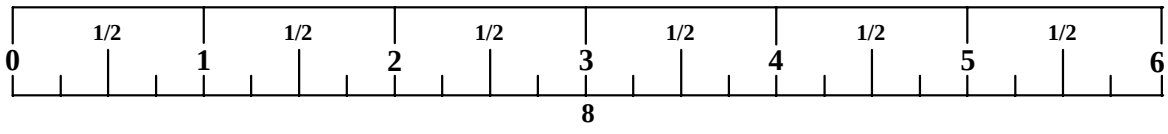
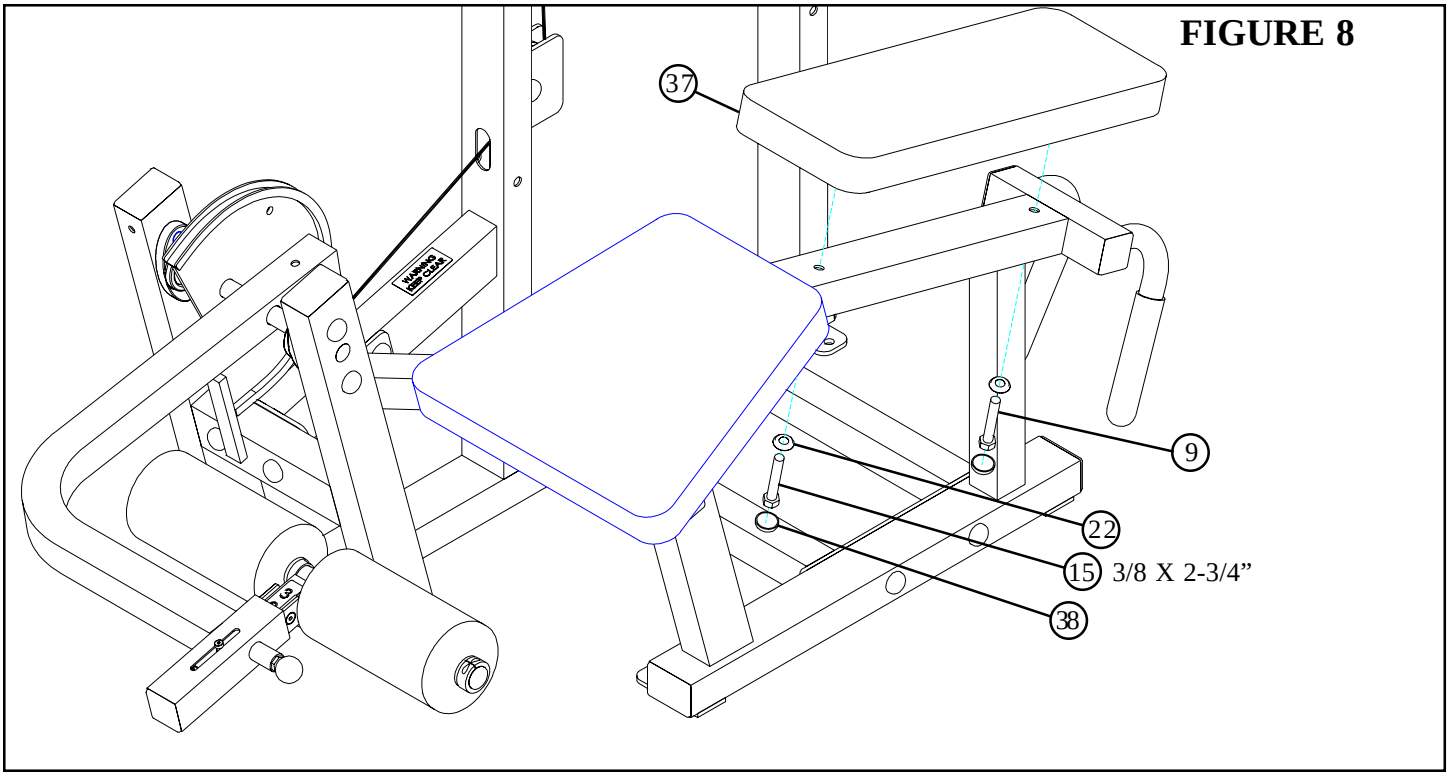


FIGURE 7

STEP 7:

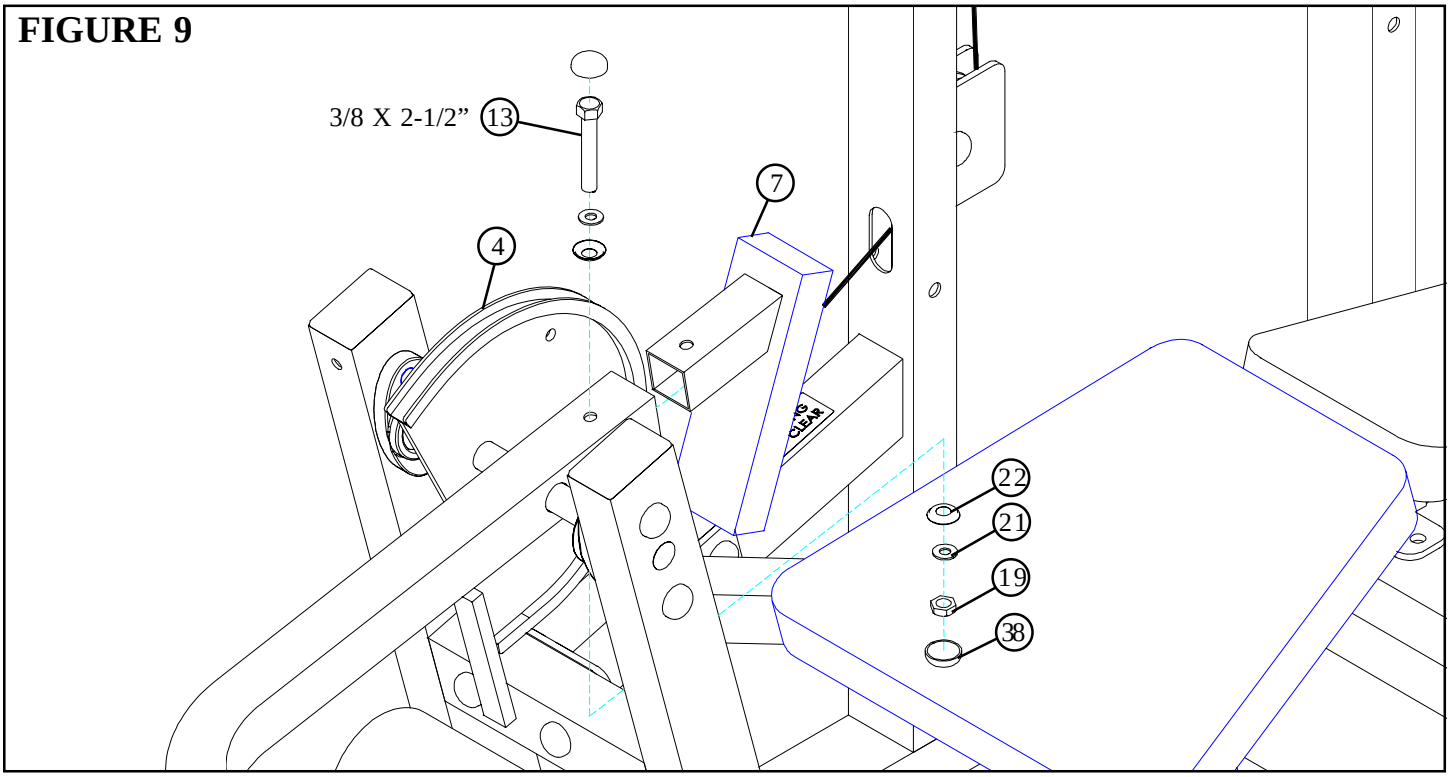
- **SECURELY** assemble the THIGH PAD (36) to the SEAT FRAME (9) using two RH CAPS (38), two 3/8 X 2-3/4" BOLTS (15) and two 3/8" RH WASHERS (22) as shown in FIGURE 7.





STEP 8:

- **SECURELY** assemble the CHEST PAD (37) to the SEAT FRAME (9) using two RH CAPS (38), two 3/8 X 2-3/4” BOLTS (15) and two 3/8” RH WASHERS (22) as shown in FIGURE 8.



STEP 9:

- **SECURELY** assemble the PIVOT ARM COUNTER BALANCE (7) to the PIVOT ARM (4) using two RH CAPS (38), one 3/8 X 2-1/2” BOLT (14), two 3/8” SAE WASHERS (21), two 3/8” RH WASHERS (22) and one 3/8” LOW HEIGHT LOCK NUT (19) as shown in FIGURE 9.

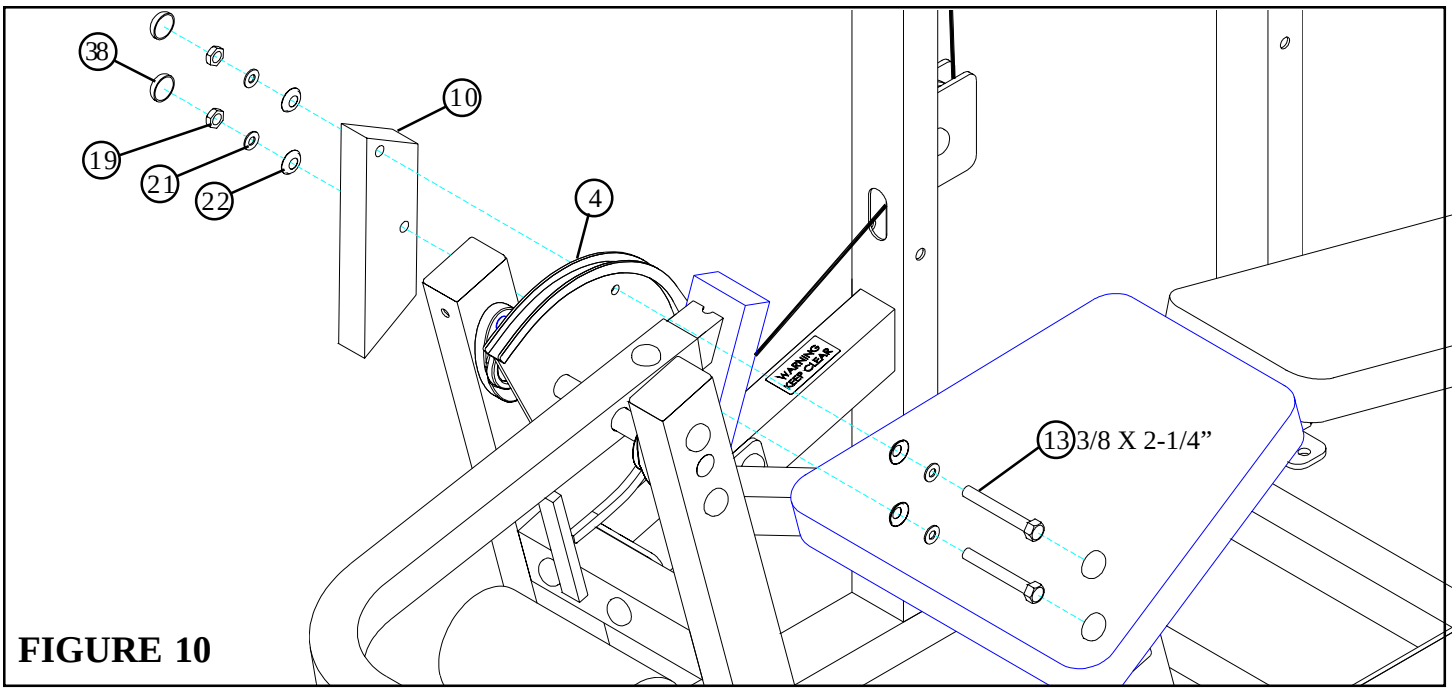


FIGURE 10

STEP 10:

- **SECURELY** assemble the CAM COUNTER BALANCE (10) to the PIVOT ARM (4) using four RH CAPS (38), two 3/8 X 2-1/4” BOLTS (13), four 3/8” SAE WASHERS (21), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 10.

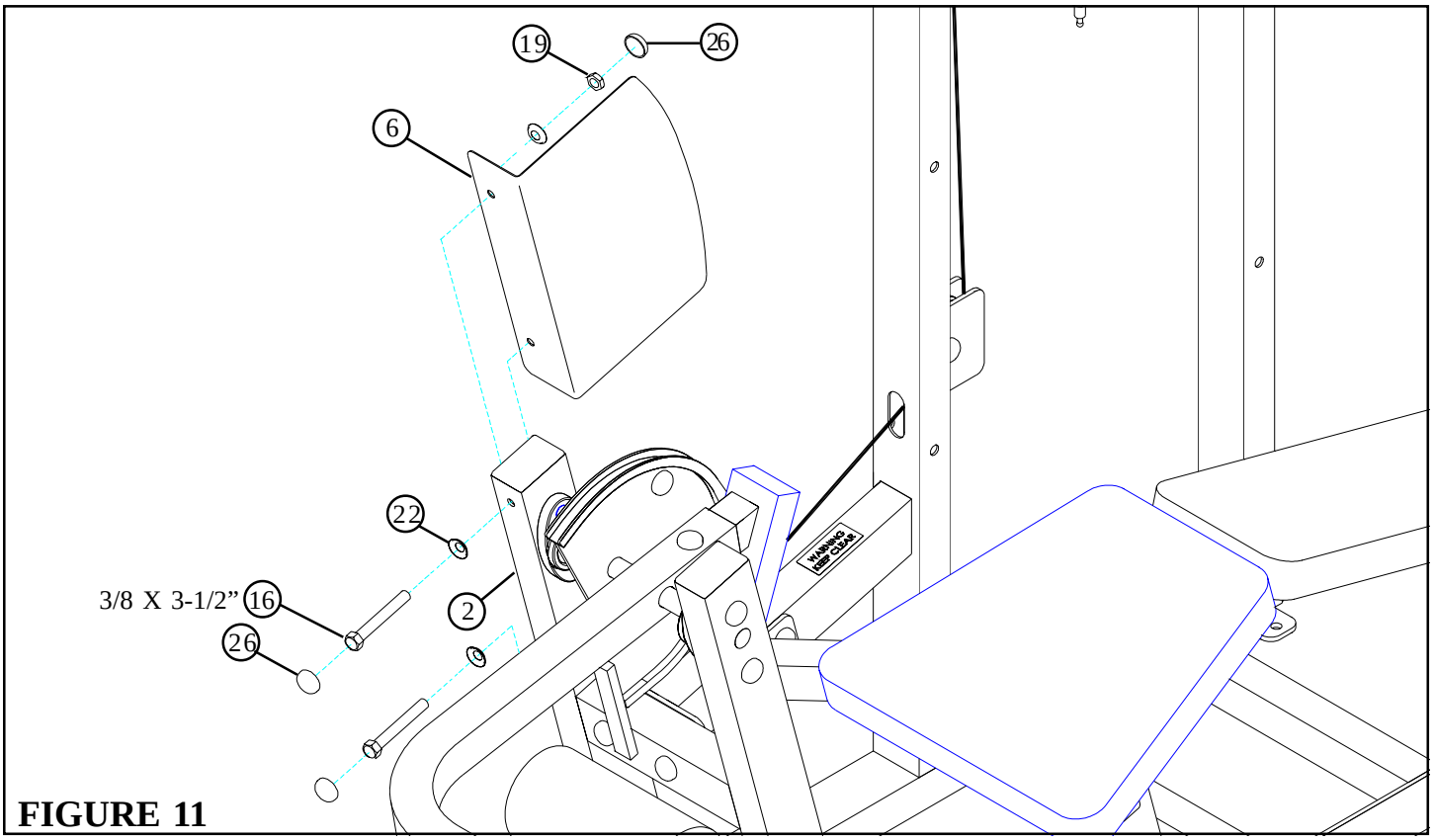


FIGURE 11

STEP 11:

- **SECURELY** assemble the CAM SHROUD (6) to the LEG CURL SUPPORT (2) using two BLACK RH CAPS (26), two RH CAPS (38), two 3/8 X 3-1/2” BOLTS (16), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 11.

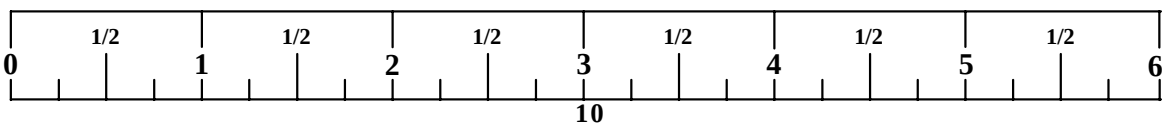
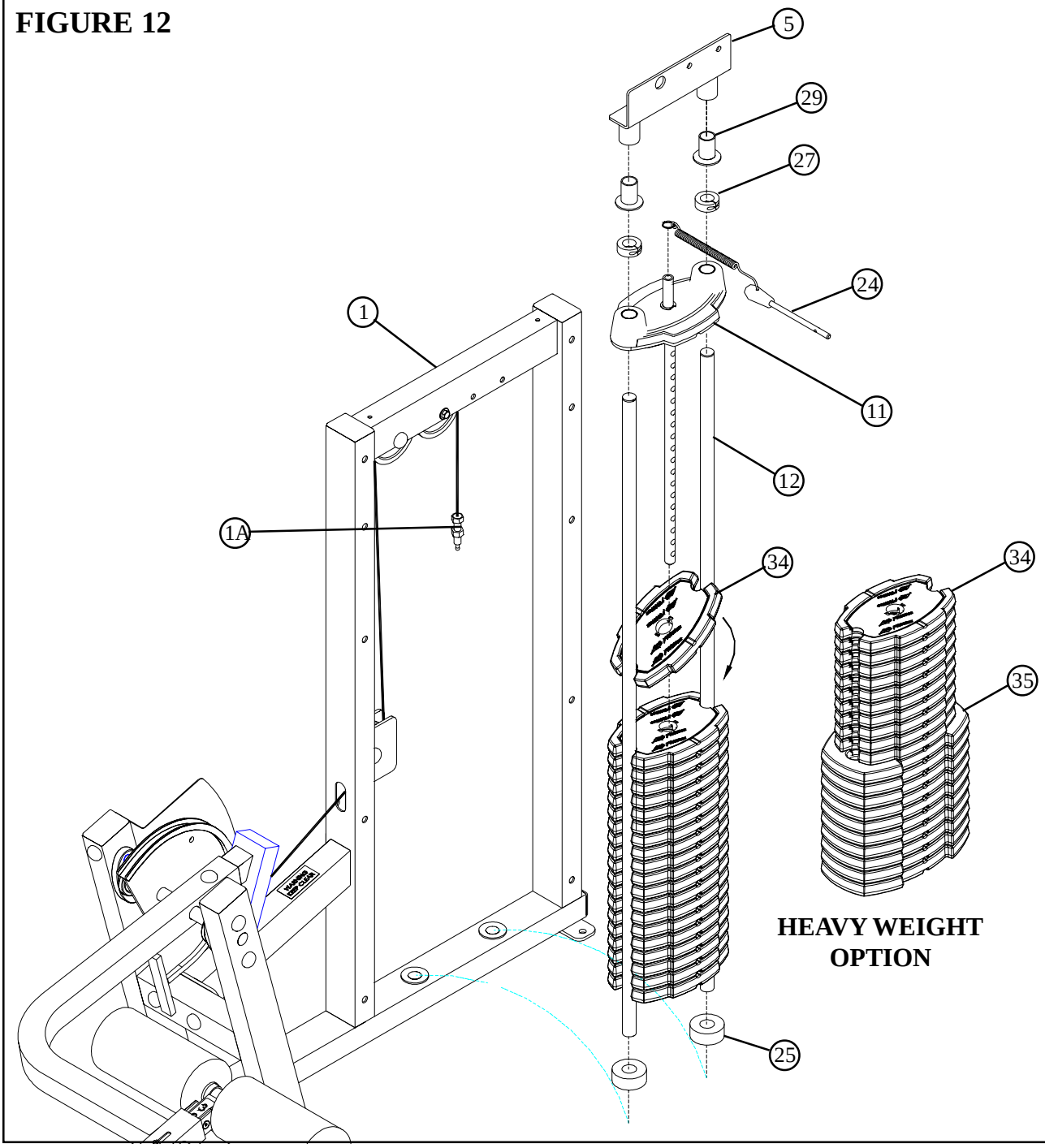


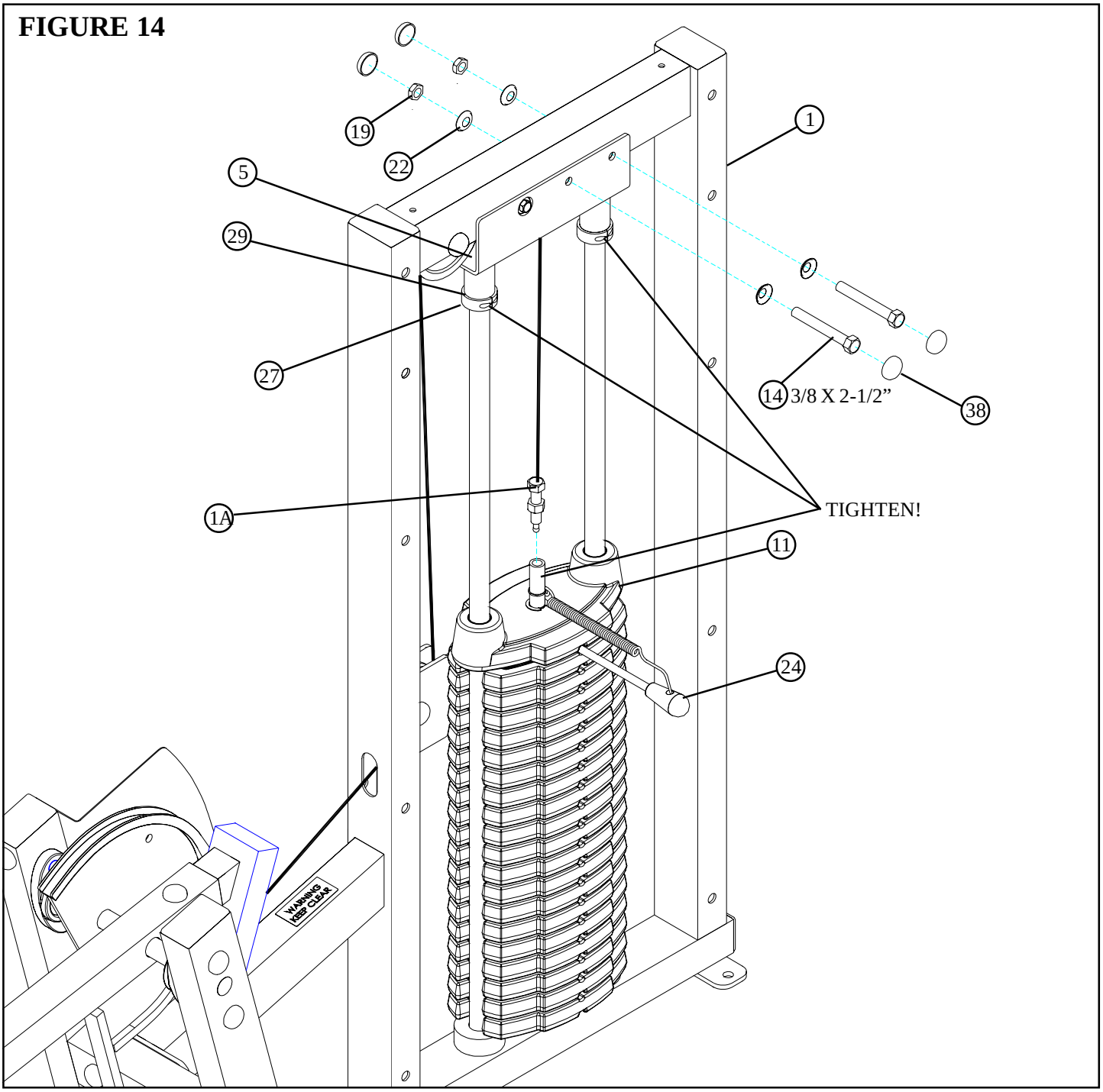
FIGURE 12



STEP 12:

- Insert the two GUIDE RODS (12) (found in the SHROUD KIT) into the base of the TOWER (1) as shown in FIGURE 12. Lubricate the GUIDE RODS (12) with a slicon or teflon spray that is available at most hardware stores.
- Slide two WEIGHT STACK CUSHIONS (25) down over the GUIDE RODS (12). See FIGURE 12.
- Using **EXTREME CARE** place twenty 10 LB. WEIGHT PLATES (34) over the GUIDE RODS (12) as shown in FIGURE 12.**(NOTE: If HEAVY WEIGHT OPTION is being used, slide ten 15LB. WEIGHT PLATES (35) over the GUIDE RODS (12) first, then slide ten 10 LB. WEIGHT PLATES (34) over the GUIDE RODS.)**
- Carefully Slide the HEAD PLATE (11) down over the GUIDE RODS (12) onto the weight stack as shown in FIGURE 12.
- Slide one WEIGHT STACK SELECTOR PIN (24) over the shaft on the HEAD PLATE (11) as shown in FIGURE 12.
- Slide two 1" SHAFT COLLARS (27) over each GUIDE ROD (12) as shown in FIGURE 12.
- Slide two GUIDE ROD BUSHINGS (29) over each GUIDE ROD(12)
- Place the GUIDE ROD SUPPORT (5) over the GUIDE RODS (12) as shown in FIGURE 12.

FIGURE 14



STEP 13:

- **SECURELY** assemble the GUIDE ROD SUPPORT (5) to the TOWER (1) using four RH CAPS (38), two 3/8 X 2-1/2” BOLTS (14), four 3/8” RH WASHERS (22) and two 3/8” LOW HEIGHT LOCK NUTS (19) as shown in FIGURE 14. **(NOTE: Be sure to route cable through the hole of the GUIDE ROD SUPPORT (5) before tightening.)**

- Slide GUIDE ROD BUSHINGS (29) into the tubes on the GUIDE ROD SUPPORT (5), slide 1” SHAFT COLLARS (27) underneath the GUIDE ROD BUSHINGS (29) and **SECURELY** tighten the set screws.

- Screw the threaded end of the CABLE into the end of the shaft on the HEAD PLATE (11) until the CABLE is taunt and tighten jam nut securely. See FIGURE 13.

- Insert the WEIGHT STACK PIN (24) into the WEIGHT STACK as shown in FIGURE 13.

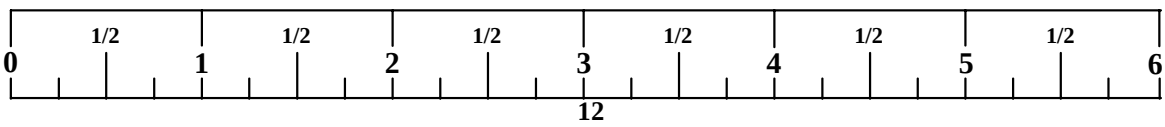
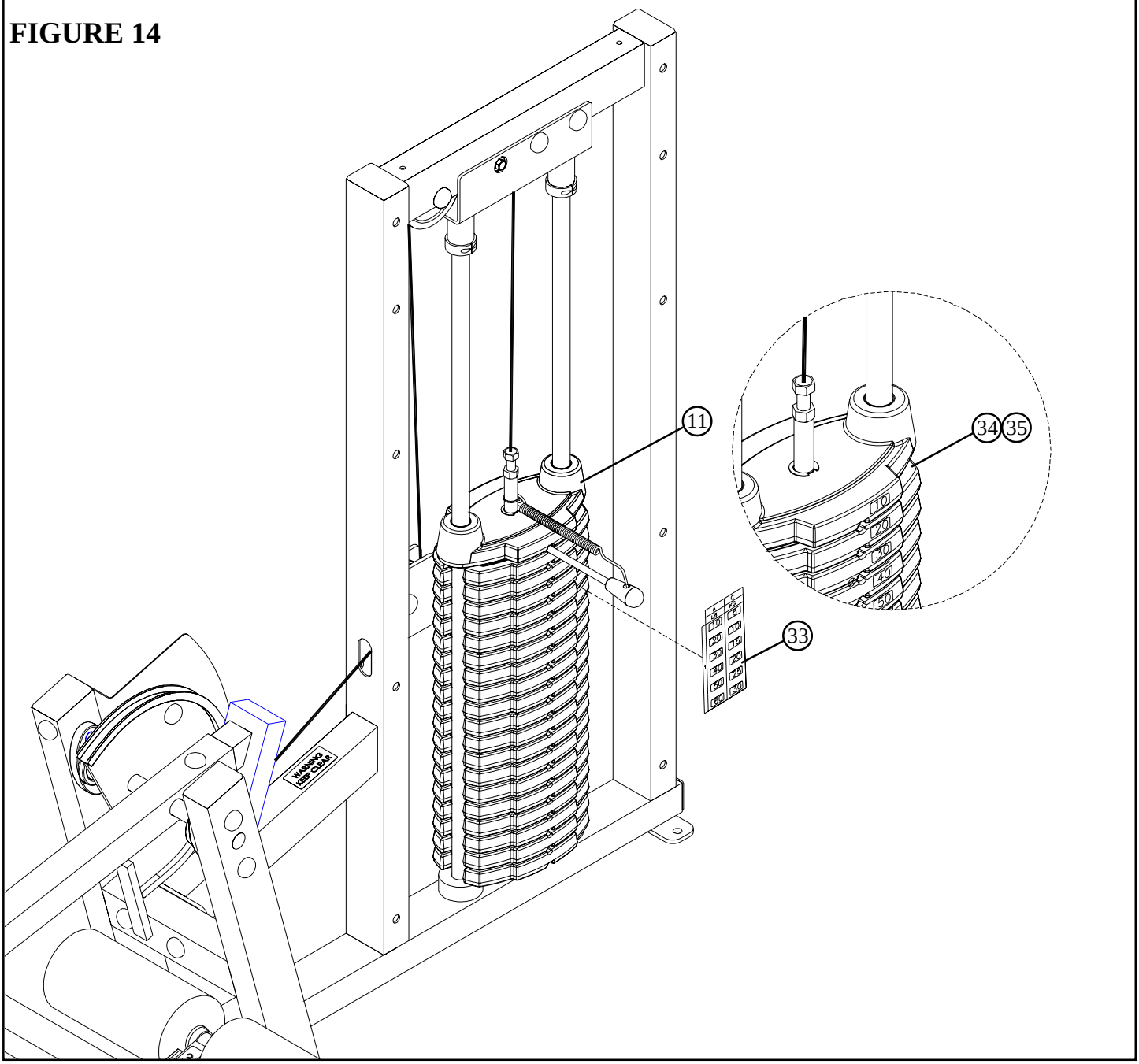


FIGURE 14



STEP 14:

• The WEIGHT STACK LABEL sheet (33) includes labels for both lbs. and kgs. for both the standard and optional weight stacks.

• Peel the backing off the WEIGHT STACK LABEL (33), line up sheet to the right of the selector opening and apply labels to the WEIGHT PLATES (34 or 35), starting with the HEAD PLATE (11) as shown in FIGURE 14.

• **REFER TO SHROUD KIT ASSEMBLY INSTRUCTIONS.**

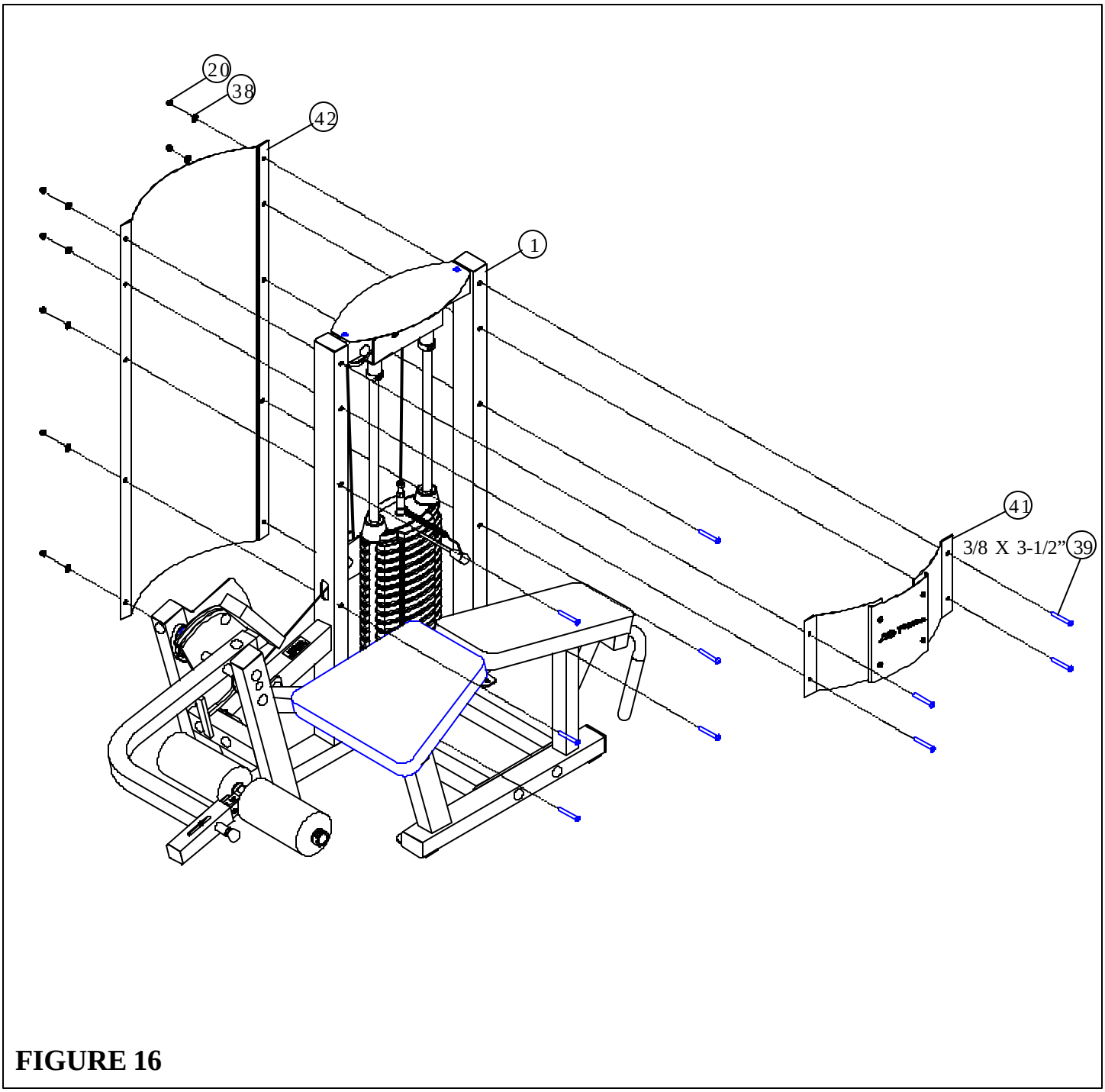


FIGURE 16

STEP 16:

(NOTE: If the PARTIAL SHROUD KIT is being used follow STEP 16. If the FULL SHROUD KIT is being used follow STEP 17)

- **SECURELY** assemble the FRONT PARTIAL SHROUD (41) and the REAR PARTIAL SHROUD (42) to the TOWER (1) using ten 3/8 X 3-1/2” BUTTON HEAD BOLTS (39), ten STARLOCK WASHERS (38), and ten 3/8” ACORN NUTS (20) as shown in FIGURE 16.

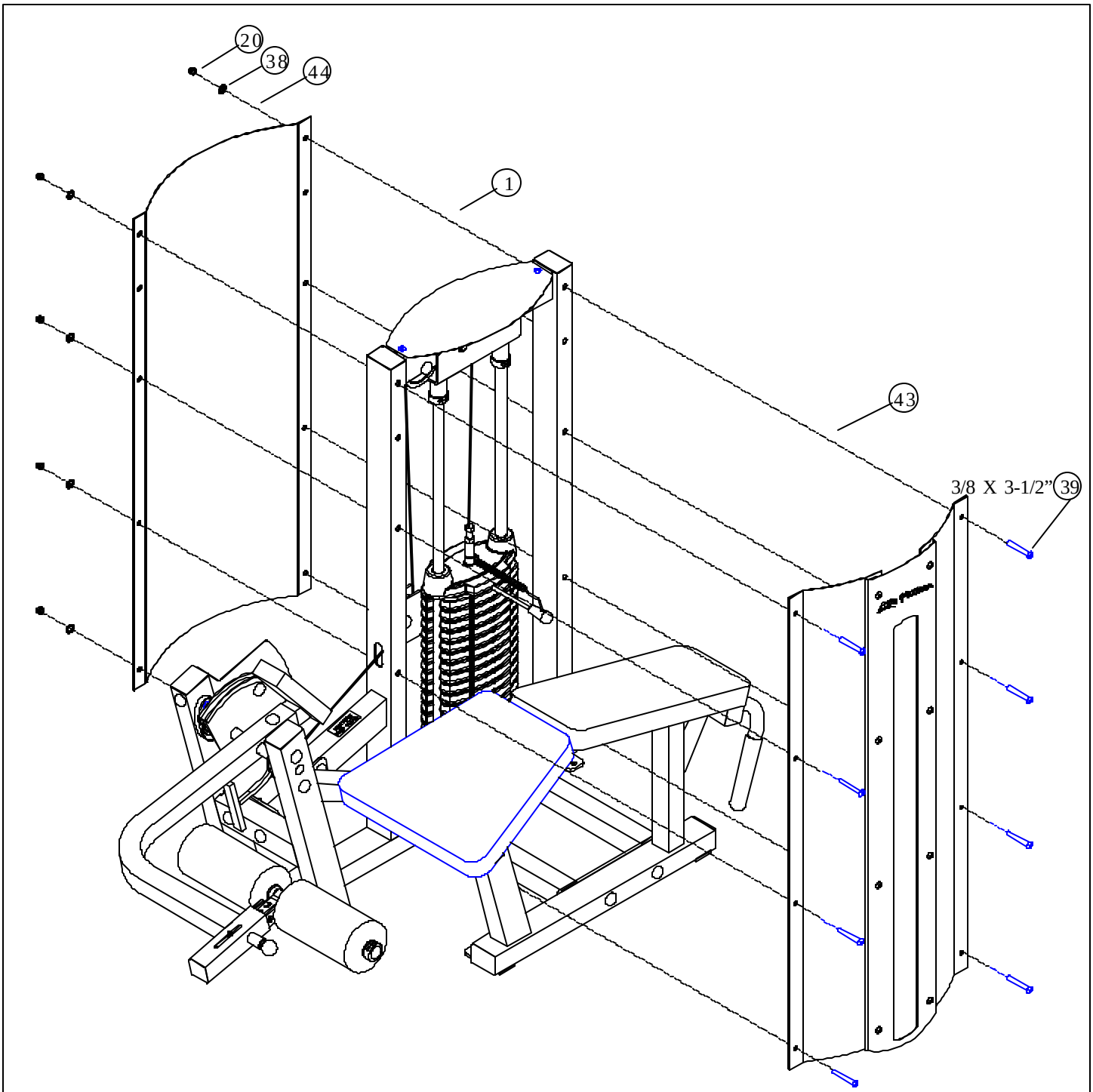


FIGURE 17

STEP 17:

- **SECURELY** assemble the FRONT FULL SHROUD (43) and the REAR FULL SHROUD (44) to the TOWER (1) using eight 3/8 X 3-1/2" BUTTON HEAD BOLTS (39), eight STARLOCK WASHERS (38), and eight 3/8" ACORN NUTS (20) as shown in FIGURE 17.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
3 YEARS	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800)351-3737.

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES LEG CURL. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.